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Keeping Healthy Bones

Osteoporosis is a medical condition that causes bones to be weak and can lead to broken bones, especially hips, spines, and wrists. Osteoporosis is a major public health threat for an estimated 44 million Americans. In the U.S. today, 10 million individuals are estimated to already have the disease and almost 34 million more are estimated to have low bone mass, placing them at increased risk for osteoporosis.

The good news is that osteoporosis is preventable, detectable, and treatable. Here are some tips to help keep your bones healthy:

- Eat a balanced diet rich in calcium and vitamin D and take supplements if necessary.
- Do weight-bearing and resistance exercise.
- Reduce smoking and alcohol intake.
- Be informed and talk with your doctor.
- Take medication when appropriate.

Sometimes blood pressure stays too high even when a person makes these kinds of healthy changes. In such cases, it is necessary to add medicine to help lower blood pressure. Medicines will control your blood pressure but they cannot cure it.

As the nation celebrates Older Americans Month and National Osteoporosis Awareness and Prevention Month, learn more about osteoporosis by visiting the National Institutes of Health Osteoporosis and Related Bone Diseases ~ National Resource Center at <http://www.osteoporosis.gov> or call toll-free 1-800-624-BONE (1-800-624-2663). Article was adapted from a National Resource Center fact sheet on Osteoporosis.